

# CLAIMS

1. An hydroponic container apparatus for growing plants therein, said apparatus comprising a block of dehydrated coir fibres placed in a container, said container having sides and base and an open top, drain hole means being located in its base, the container  
5 being adapted to be folded and sealed such that the container acts as packaging for the block of dehydrated coir fibres, the sides of the container being folded and secured over the top of the block, wherein the container when it is ready for use is adapted to be unsealed and unfolded such that the dehydrated block of coir fibres is able to be re-hydrated and readied for use as a hydroponic medium whilst still in the container.
- 10 2. The apparatus according to claim 1, wherein the container is made from impervious plastics material.
3. The apparatus according to claim 2, wherein the drain hole means are holes punched into the base of the container.
4. The apparatus according to claim 1, wherein the block of dehydrated coir material  
15 is rectangular in form.
5. The apparatus according to claim 1, wherein the apparatus is used for more than one plant.
6. A method of growing plants hydroponically, said method including the steps of providing a block of dehydrated coir fibres placed in a container having a base and side(s)  
20 and an open top, said base having drain hole means located therein, folding side(s) on top of the block and sealing to form packaging of the block, unscaling the folded sides to form an open topped container, re-hydrating and readying the block of coir fibres to receive plants therein.